NOTIFICATION PURSUANT TO SECTION 6 OF DSHEA

In compliance with Section 6 of the Dietary Supplement Health Education Act (DSHEA) and Rule 21 C.F.R. 101.93, this Notification is filed on behalf of the following manufacturer of **Schiff® Product Reference Pamphlet S-36/5M/699** bearing the statements set out below:

Weider Nutrition International., Inc.
2002 South 5070 West
Salt Lake City, Utah 84104

The text of each structure function claim for **Vitamin B1, B2, Niacin, B6, B12, Folic Acid, Biotin, Pantothenic Acid, Choline & Inositol** is as follows:

(Statement 1)	B vitamins function primarily as coenzymes in the body, which means they help enzymes function properly.
(Statement 2)	Specifically, they help certain enzymes convert food energy (calories), a form of energy we cannot use, into a form of energy (adenosine triphosphate, or ATP) which we can use.
(Statement 3)	Since the B vitamins are water-soluble, they are not stored by the body in appreciable amounts. Consequently, a daily supply is desirable to avoid depletion and interruption of normal physiologic functions.
(Statement 4)	Adequate levels of Vitamins B6, B12 and Folic Acid are required at all times by the body to break down homocysteine into harmless by-products.
(Statement 5)	Vitamin B1: Energy production. Essential for growth, development, and healthy nervous system. Synthesis of fatty acids, acetylcholine, nucleic acids (RNA, DNA).
(Statement 6)	Vitamin B2: Energy Production. Essential for growth and development, healthy eyes and tissue repair. Synthesis of cortiocosteroids, red blood cells and the coenzyme (or active) forms of Vitamin B6 and Folic Acid.
(Statement 8)	Niacin: Energy production (>100 enzymes require niacin). Synthesis of fatty acids, steroids, ketones, non-essential amino acids.
(Statement 9)	Vitamin B6: Amino acid metabolism. Synthesis of neurotransmiters (serotonin, catecholamines), niacin, cysteine,

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taurine, hemoglobin, phospholipids, and RNA and DNA. Metabolism of glycogen.

(Statement 10) Vitamin B12: Involved in protein, carbohydrate and fat metabolism. Synthesis of DNA (by activating folic acid) and choline.

(Statement 11) Folic Acid: Synthesis of DNA and RNA. Essential for healthy red blood cells (RBC's)

(Statement 12) Biotin: Involved in the metabolism of Folic Acid, B12 and Pantothenic Acid. Essential in gluconeogenesis, steroid and fatty acid synthesis.

(Statement 13) Pantothenic Acid: Energy production. Synthesis of phospholipids, steroids, fatty acids, acetylcholine and red blood cells (RBC).

(Statement 14) Choline: Involved in the synthesis of phospholipids (thus it is classified as a lipotrophic), betaine, and acetylcholine.

(Statement 15) Inositol: Involved in phospholipid synthesis (thus it is classified as a lipotropic).

I, Luke R. Bucci, Ph.D., CCN, CNS, Vice President of Research at Weider Nutrition International., Inc. am authorized to certify this Notification of behalf of the Company. I certify that the information presented and contained in this Notification is complete and accurate and that the Office of Regulatory Affairs at Weider Nutrition International, Inc. has substantiation that each statement is truthful and not misleading.

DATED this 16th day of August, 1999.

WEIDER NUTRITION INTERNATIONAL, INC.

BY: L R Bucci

DR. LUKE R. BUCCI
Vice President of Research